



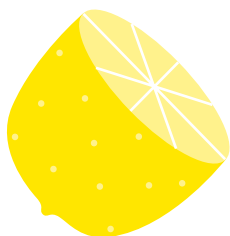
# MAKE YOUR OWN RUBS AND MARINADES

Rubs and marinades add flavor to meats, poultry, seafood, and vegetables without adding many calories. Some store-bought rubs and marinades contain sodium (salt) and added sugars. Homemade rubs and marinades can be healthier, usually cost less than store-bought varieties, and take just minutes to make.

## What Are Rubs and Marinades?

There are 2 types of **rubs**—dry and wet. A **dry rub** is a mixture of herbs, spices, salt, and sometimes a small amount of sugar that is rubbed into meat, poultry, or seafood before cooking. **Wet rubs** contain a touch of oil or other moist ingredients. Rubs work well on foods that will be broiled, roasted, or grilled.

A **marinade** is a seasoned soaking liquid used to add flavor to foods before cooking. The acidic ingredients in marinades (like citrus juice, wine, or vinegar) help tenderize (soften) meat, seafood, and poultry before they are broiled, roasted, baked, or grilled.



## Getting Started

Pick a rub or marinade recipe that works well with meat, poultry, seafood, or vegetables. If you make a dry rub, consider making several batches to save for later. Dry rubs can last for 1 to 2 years when stored in an airtight jar in a cool, dry place.

### Equipment

- ▶ Measuring cups and spoons
- ▶ Mixing bowl
- ▶ Whisk and tongs (for marinades)



### How to Make a Rub

1. Measure all ingredients and place them in a bowl.
2. Stir well to combine.
3. For smaller cuts of meat, poultry, or seafood, spread or pat on the rub right before cooking. For larger cuts of meat, pat on the rub 24 hours before cooking and keep the meat refrigerated.

---

## MARINADE SAFETY TIPS

Don't marinate food in a metal container—the acid in the marinade can interact with metal. Instead, use a glass or food-grade plastic container or a sealable, food-safe plastic bag.

Before refrigerating the food that is marinating, cover the container so the marinade doesn't splash onto shelves or other foods.

Never reuse marinade used for raw meat, poultry, or seafood unless you boil the marinade first to destroy any harmful bacteria. To use some of the marinade as sauce for cooked food, reserve a portion before adding the raw meat, poultry, or seafood.

Throw away leftover used marinade that you don't plan to boil.

---

## How to Make a Marinade

1. Measure all ingredients and place them in a bowl.
2. Whisk the ingredients well to combine.
3. Once the marinade is mixed, place the meat, poultry, seafood, or vegetables in the bowl. Use tongs to evenly toss and coat the food with the marinade.
4. Cover the bowl and refrigerate for at least 30 minutes. For more flavor, let seafood sit in the marinade up to 1 hour; let meat or poultry marinate overnight.
5. Before cooking the food, remove it from the marinade. For tips on safely handling leftover marinade, see the sidebar **Marinade Safety Tips**.

## Recipe Ideas

### Easy Teriyaki Marinade

1. In a medium bowl, whisk together  $\frac{1}{2}$  cup teriyaki sauce, 3 tablespoons brown sugar, and 2 tablespoons rice vinegar.
2. Add beef, chicken, fish, or your favorite veggies to the bowl. Toss the food in the marinade to coat it.
3. Cover the bowl and refrigerate for at least 30 minutes before cooking.

### Vegetables with Balsamic Marinade

1. In a bowl, whisk together  $\frac{1}{4}$  cup olive oil,  $\frac{1}{4}$  cup low-sodium soy sauce,  $\frac{1}{4}$  cup balsamic vinegar, 2 teaspoons sugar, 1 tablespoon minced fresh ginger (or  $\frac{1}{2}$  teaspoon ground ginger), and  $\frac{1}{2}$  teaspoon ground black pepper.
2. Add 6 cups cubed raw vegetables (eggplant, zucchini, summer squash, bell peppers, mushrooms, and/or onion) and toss until well coated.
3. Cover the bowl and let the vegetables marinate for at least 30 minutes in the refrigerator.
4. Preheat the broiler.
5. Lightly coat a baking sheet with nonstick cooking spray.
6. Spread the marinated vegetables on the baking sheet in a single layer. Broil the vegetables until tender yet crisp and slightly browned. Serves 6.

### Spicy Beef Rub

1. In a small bowl, combine  $\frac{1}{4}$  cup chili powder; 1 tablespoon each of cumin, paprika, and garlic powder; and  $1\frac{1}{2}$  teaspoons salt.
2. Rub the mixture on  $1\frac{1}{4}$  pounds of your favorite cut of lean beef, such as tenderloin, London broil, or flank steak, and then broil or grill. Serves 4.